



The Connection Between Nutrition and Mental Health

A Conference for Healthcare Professionals

FRIDAY

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| 2:30 pm | Check-in begins |
| 4:45–6:00 | Kripalu Yoga classes |
| 6:00–7:30 | Dinner |
| 7:30–8:00 | Susan Masino Introduction: Link between public policy and brain health. |
| 8:00–9:00 | Georgia Ede Ketogenic diet and mental health disorders. |

SATURDAY

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| 6:30–8:00 am | Kripalu Yoga & Meditation classes |
| 7:30–9:00 | Silent Breakfast |
| 9:00–10:30 | Jeffrey Rediger Discuss 17-year study and four co-factors that lead to healing (nutrition being one of them). |
| 10:30–11:30 | Jus Crea Giammarino Discuss the impact of nutrition on substance use and mental health disorders as related to land and food sovereignty for indigenous people of the Northeast. |
| 11:30 am–1:30 pm | Lunch |
| 1:30–2:45 | Laurie Heatherington Gould Farm Presentation: History as a farming community for the treatment of mental health disorders. Review of 20 years of outcome research. |
| 3:00–4:00 | Drew Ramsey Nutrients supportive of brain health: studies and practical implementation. |
| 4:45–6:00 | Kripalu Yoga classes |
| 5:30–7:30 | Dinner |

SUNDAY

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|------------------|---|
| 6:30–8:00 am | Kripalu Yoga & Meditation classes |
| 7:30–9:00 | Silent Breakfast |
| 9:00–10:00 | Jeremy Rock Smith Kripalu: Speak to practicalities of choosing, storing and preparing healthful foods. |
| 10:00–11:00 | Table Discussion moderated by Lianne Finston |
| 11:30 am–1:30 pm | Lunch and Departure |

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. Dinner is served everyday 5:30–7:30 pm in July and August. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.